

2287 OFF-CAMPUS TRIPS AND OUT-OF-BUILDING ACTIVITIES

Chapter: **Sununu Youth Services Center**

Section: **Healthcare**



New Hampshire Division for Children, Youth and Families Policy Manual

Policy Directive:

Approved:

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William W. Fenniman, DJJS Director

Related Statute(s):

Related Admin Rule(s):

Related Federal Regulation(s):

Related Form(s):

Bridges' Screen(s) and Attachment(s):

To ensure the safety and well-being of all residents of the SYSC while outside the secure facility, staff and residents shall follow the appropriate procedures for the following concerns: medications, sunburn, heat precaution, eye protection, poison ivy, food and bee sting allergies, and mosquito bites (for West Nile Virus and Eastern Equine Encephalitis).

Purpose

The purpose of this policy is to establish the SYSC off campus trips and out of building activities.

Procedure

I. Medical Department Check

- A. All staff shall check with the Medical Department prior to taking residents off-campus or outside the facility for any activity including appointments. There are residents who need to have medication, inhalers, or Epipens on hand if they leave the campus.

II. Medication

- A. Medication for residents leaving the SYSC shall be handled as follows:
 1. The nursing staff needs to know which residents are leaving campus, when they are going, and when they will return, so that these residents can receive their medications at the correct time.
 2. The nurse may send with the staff member a container appropriately labeled with the resident's name, the medication name, the time to be given, and the dose to be given (e.g., one pill).
 3. At the identified time(s) the staff member shall observe the youth as they remove the designated medication from the container and self-administer the medication.
 4. The staff shall report back to the nurse, upon return to SYSC, if any problems occurred.

III. Sunburn

- A. Because of the serious consequences from sunburn, it is imperative that the necessary precautions be taken when any resident is going to be exposed to the sun for any

significant period of time (including, but not limited to, softball games, swimming, amusement park or water park visits, beach trips, and work in gardens). The following steps shall be taken:

1. Residents shall apply sunscreen SPF-15 or greater to areas of exposed skin.
2. Residents with short hair shall wear hats.
3. Residents shall keep their shirts on.
4. Residents on medications shall be monitored for photosensitivity reactions.

IV. **Heat Precautions**

A. Heat related illnesses can quickly become medical emergencies. The following guidelines exist:

1. The nurse shall notify the Supervisor of any heat restrictions, daily by 10 AM.
2. Residents shall avoid strenuous outside activities when heat and humidity and/or air quality are at their peak (approximately between 10 AM and 4 PM). Physical activities should be scheduled in the morning or after 6 PM when the temperature is cooler.
3. Residents shall have an adequate supply of water on hand for any outside activities in the summer heat. They shall take frequent water breaks to prevent dehydration.
4. When the temperature is above 90 degrees or the humidity is high or there is an air quality warning issued by Public Health, the nurse must be contacted to give permission for any resident with asthma to participate in activities.
5. Staff shall monitor residents for signs of heat illness:
 - (a) Heat cramps: Severe cramping (usually in the legs and abdomen), fatigue, dizziness, or confused behavior. Treatment: stop; get out of the sun, rest, rehydrate, and contact the Medical Department.
 - (b) Heat exhaustion: Rapid, shallow breathing; weak pulse; cold, clammy skin; heavy perspiration; total body weakness, dizziness; unconsciousness. Treatment: contact the Medical Department immediately. Remove the person from the sun, have the person drink water, apply cool wet cloths, fan the person.

V. **Poison Ivy**

A. Residents shall stay out of areas known or thought to have poison ivy growing. In areas where the presence of poison ivy is uncertain (such as swampy areas, river banks, and wooded areas), residents shall be provided gloves and should wear long shirts and pants (not shorts).

VI. **Allergies**

- A. Staff shall make sure they are aware of any residents who have allergies to foods or bee stings. An updated list will be sent out as needed to the School, all residential units, the Kitchen, and Operations.

VII. **Mosquito Bites**

- A. At dusk and dawn, and any other time when mosquitoes are present, residents shall be protected from mosquito bites by spraying with insect repellent containing DEET. Each unit shall obtain repellent through the Warehouse and keep a supply in the unit.

SUN EXPOSURE WARNING

Residents taking any of the following medications are at increased risk for sunburn. These medications cause photosensitivity. Be sure to apply sunscreen for any and all outdoor activities. Also be sure to keep shirts on and ensure that hats are worn when necessary. Sunscreen should be applied to ears, face, neck, and body.

<u>Antibiotics</u>	<u>Psychotropics</u>	<u>Hormones</u>
Amoxicillin	Depakote	Synthroid
Penicillin	Nortriptyline	Levothyroxine
Tetracycline	Amitriptyline	Birth Control
Minocycline		
Doxycycline		
Erythromycin (Emycin)		
Cephalexin (Keflex)		
Ciprofloxin (Cipro)		
Nitrofurantoin (Macrobid)		
Any other antibiotics		

**REMEMBER, IT IS THE RESPONSIBILITY OF THE YC STAFF
TO PROTECT RESIDENTS FROM SUNBURNS!**